



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01069, Cream substitute, powdered

Report Date: July 05, 2017 03:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	2.98	11	0.073	2.44	3.49	4.0	2.781	3.173	1	Analytical or derived from analytical	--	02/2015
Energy	kcal	529	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Energy	kJ	2215	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Protein <sup>1</sup>	g	2.48	11	0.029	2.33	2.64	5.0	2.404	2.553	1	Analytical or derived from analytical	--	02/2015
Total lipid (fat) <sup>1</sup>	g	32.92	11	0.286	31.2	34.4	5.0	32.197	33.641	1	Analytical or derived from analytical	--	02/2015
Ash <sup>1</sup>	g	2.34	11	0.088	1.82	2.85	5.0	2.109	2.57	1	Analytical or derived from analytical	--	02/2015
Carbohydrate, by difference	g	59.29	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total <sup>1</sup>	g	7.77	6	0.214	6.92	8.32	2.0	6.949	8.584	1	Analytical or derived from analytical	--	02/2015
Sucrose <sup>1</sup>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	3.52	6	0.083	3.22	3.85	3.0	3.266	3.783	1	Analytical or derived from analytical	--	02/2015
Fructose <sup>1</sup>	g	0.57	6	0.011	0.52	0.62	4.0	0.541	0.604	1	Analytical or derived from analytical	--	02/2015
Lactose <sup>1</sup>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Maltose <sup>1</sup>	g	3.67	6	0.128	3.13	3.95	2.0	3.154	4.185	1	Analytical or derived from analytical	--	02/2015
Galactose <sup>1</sup>	g	0.00	6	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	2	11	0.441	1	5	4.0	1.22	3.626	1	Analytical or derived from analytical	--	02/2015
Iron, Fe <sup>1</sup>	mg	0.26	11	0.026	0.07	0.41	6.0	0.193	0.323	1	Analytical or derived from analytical	--	02/2015
Magnesium, Mg <sup>1</sup>	mg	1	12	0.157	1	2	7.0	1.092	1.839	1	Analytical or derived from analytical	--	02/2015
Phosphorus, P <sup>1</sup>	mg	288	11	11.966	225	345	4.0	254.687	320.669	1	Analytical or derived from analytical	--	02/2015
Potassium, K <sup>1</sup>	mg	669	11	31.864	519	826	4.0	581.587	757.221	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	124	12	8.494	91	188	5.0	102.519	145.676	1	Analytical or derived from analytical	--	02/2015
Zinc, Zn <sup>1</sup>	mg	0.07	12	0.006	0.04	0.12	5.0	0.057	0.089	1	Analytical or derived from analytical	--	02/2015
Copper, Cu <sup>1</sup>	mg	0.018	12	0.000	0.02	0.02	8.0	0.018	0.018	1	Analytical or derived from analytical	--	02/2015
Manganese, Mn <sup>1</sup>	mg	0.011	12	0.000	0.01	0.01	5.0	0.011	0.011	1	Analytical or derived from analytical	--	02/2015
Selenium, Se <sup>1</sup>	µg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fluoride, F <sup>2</sup>	µg	112.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin <sup>1</sup>	mg	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/1976
Riboflavin <sup>1</sup>	mg	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Niacin <sup>1</sup>	mg	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <sup>1</sup>	mg	0.117	4	0.004	0.1	0.14	2.0	0.1	0.135	1	Analytical or derived from analytical	--	02/2015
Vitamin B-6 <sup>1</sup>	mg	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/1976
Folate, total	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total <sup>3</sup>	mg	2.3	3	0.233	1.9	2.7	2.0	1.285	3.286	1	Analytical or derived from analytical	--	12/2006
Betaine <sup>3</sup>	mg	0.1	3	0.012	0.1	0.1	2.0	0.035	0.134	1	Analytical or derived from analytical	--	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	02/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	1.26	4	0.123	0.26	2.11	1.0	-0.235	2.75	1	Analytical or derived from analytical	--	02/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <sup>1</sup>	mg	0.16	4	0.051	0	0.35	1.0	-0.486	0.805	1	Analytical or derived from analytical	--	02/2015
Tocopherol, gamma <sup>1</sup>	mg	10.29	4	1.307	0.82	18.84	1.0	-6.311	26.885	1	Analytical or derived from analytical	--	02/2015
Tocopherol, delta <sup>1</sup>	mg	3.55	4	0.684	0.14	6.96	1.0	-5.124	12.221	1	Analytical or derived from analytical	--	02/2015
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>1</sup>	µg	1.7	2	--	0	2.9	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Lipids</b>													
Fatty acids, total saturated	g	19.146	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
4:0 <a href="#">1</a>	g	0.006	11	0.000	0.01	0.01	5.0	0.006	0.007	1	Analytical or derived from analytical	--	02/2015
6:0 <a href="#">1</a>	g	0.094	11	0.022	0	0.19	4.0	0.034	0.153	1	Analytical or derived from analytical	--	02/2015
8:0 <a href="#">1</a>	g	1.118	11	0.255	0	2.24	4.0	0.412	1.824	1	Analytical or derived from analytical	--	02/2015
10:0 <a href="#">1</a>	g	0.879	11	0.200	0	1.77	4.0	0.325	1.433	1	Analytical or derived from analytical	--	02/2015
12:0 <a href="#">1</a>	g	6.764	11	1.557	0	13.84	4.0	2.454	11.074	1	Analytical or derived from analytical	--	02/2015
14:0 <a href="#">1</a>	g	2.666	11	0.614	0.03	5.51	4.0	0.968	4.364	1	Analytical or derived from analytical	--	02/2015
15:0 <a href="#">1</a>	g	0.007	11	0.000	0.01	0.01	8.0	0.007	0.008	1	Analytical or derived from analytical	--	02/2015
16:0 <a href="#">1</a>	g	3.146	11	0.050	2.79	3.47	6.0	3.024	3.268	1	Analytical or derived from analytical	--	02/2015
17:0 <a href="#">1</a>	g	0.020	11	0.003	0.01	0.04	4.0	0.011	0.03	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 <sup>1</sup>	g	4.290	11	0.091	3.51	4.81	9.0	4.084	4.497	1	Analytical or derived from analytical	--	02/2015
20:0 <sup>1</sup>	g	0.081	11	0.009	0.04	0.12	4.0	0.057	0.104	1	Analytical or derived from analytical	--	02/2015
22:0 <sup>1</sup>	g	0.052	11	0.011	0.01	0.1	4.0	0.022	0.082	1	Analytical or derived from analytical	--	02/2015
24:0 <sup>1</sup>	g	0.022	11	0.003	0.01	0.04	4.0	0.014	0.03	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total monounsaturated	g	9.796	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
14:1 <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
15:1 <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
16:1 undifferentiated <sup>1</sup>	g	0.006	11	0.002	0	0.01	4.0	0.002	0.01	1	Analytical or derived from analytical	--	02/2015
16:1 c <sup>1</sup>	g	0.004	11	0.001	0	0.01	4.0	0.001	0.007	1	Analytical or derived from analytical	--	02/2015
16:1 t <sup>1</sup>	g	0.002	11	0.001	0	0.01	4.0	--	0.003	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 <sup>1</sup>	g	0.003	11	0.001	0	0.01	4.0	0.001	0.004	1	Analytical or derived from analytical	--	02/2015
18:1 undifferentiated <sup>1</sup>	g	9.768	11	2.403	0.23	21.17	4.0	3.097	16.44	1	Analytical or derived from analytical	--	02/2015
18:1 c <sup>1</sup>	g	4.411	11	1.065	0.18	9.41	4.0	1.455	7.368	1	Analytical or derived from analytical	--	02/2015
18:1 t <sup>1</sup>	g	5.357	11	1.339	0.05	11.81	4.0	1.64	9.074	1	Analytical or derived from analytical	--	02/2015
20:1 <sup>1</sup>	g	0.019	11	0.005	0	0.04	4.0	0.006	0.033	1	Analytical or derived from analytical	--	02/2015
22:1 undifferentiated <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:1 c <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:1 t <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
24:1 c <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
Fatty acids, total polyunsaturated	g	0.408	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:2 undifferentiated <sup>1</sup>	g	0.382	11	0.087	0.04	0.84	4.0	0.141	0.624	1	Analytical or derived from analytical	--	02/2015
18:2 n-6 c,c <sup>1</sup>	g	0.200	11	0.043	0.04	0.44	4.0	0.081	0.32	1	Analytical or derived from analytical	--	02/2015
18:2 CLAs <sup>1</sup>	g	0.003	11	0.001	0	0.01	4.0	0.001	0.005	1	Analytical or derived from analytical	--	02/2015
18:2 t not further defined <sup>1</sup>	g	0.179	11	0.045	0	0.4	4.0	0.054	0.304	1	Analytical or derived from analytical	--	02/2015
18:3 undifferentiated <sup>1</sup>	g	0.026	11	0.007	0	0.06	4.0	0.007	0.045	1	Analytical or derived from analytical	--	02/2015
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.019	11	0.005	0	0.05	4.0	0.004	0.033	1	Analytical or derived from analytical	--	02/2015
18:3 n-6 c,c,c <sup>1</sup>	g	0.005	11	0.001	0	0.01	4.0	0.001	0.008	1	Analytical or derived from analytical	--	02/2015
18:3i <sup>1</sup>	g	0.003	11	0.001	0	0.01	4.0	0.001	0.004	1	Analytical or derived from analytical	--	02/2015
18:4 <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:3 n-6 <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
20:4 undifferentiated <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:4 <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2015
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	11	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	5.541	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Fatty acids, total trans-monoenoic	g	5.359	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Phytosterols	mg	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976

**Amino Acids**

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan	g	0.066	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Threonine	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Isoleucine	g	0.294	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Leucine	g	0.473	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Lysine	g	0.385	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Methionine	g	0.145	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Cystine	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Phenylalanine	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Tyrosine	g	0.274	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Valine	g	0.343	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine	g	0.190	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Histidine	g	0.142	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Alanine	g	0.150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Aspartic acid	g	0.339	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Glutamic acid	g	1.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Glycine	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Proline	g	0.540	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
Serine	g	0.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	01069	11/1976
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2002

**Sources of Data**<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD<sup>2</sup>Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffusion

<sup>3</sup>Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD